

# Group Fitness Schedule

# FORT CAVAZOS

# SPRING 2025



SINGLE CLASS PASS **\$3**    16 CLASS PASS **\$45**    Closed Training & Federal Holidays

**TIME**    **Mon**    **Tues**    **Wed**    **Thurs**    **Fri**    **Sat**

5:15 A.M.	 @APP	 @APP	 @APP	 @APP		<b>Yoga Trapeze</b> 11 a.m. - 12 p.m. <b>\$5 @APP</b> Apr 5 & May 3
6:30 A.M.		 @ST				<b>Mixed Fit Cert</b> 9 a.m. - 5 p.m. <b>@Abrams PFC</b> Apr 26
9 A.M.	 @APP	 @APP  @ST	 @APP	 @APP  @ST	 @APP	 @APP
9:30 A.M.	 @APP		 @APP			<b>MANION Hero WOD</b> 9 a.m. <b>@APP</b> Apr 26
12 P.M.	 @APP	 @APP	 @APP	 @APP	 @APP	<b>QUESTIONS</b>
5:30 P.M.	 @ST		 @ST			
6 P.M.	 @APP	 @APP	 @APP	 @APP		
	<b>Memorial Day MURPH</b> <b>@APP</b> May 26		<b>1000/500LB Club Lift-Off</b> 4-6 p.m. <b>@APP</b> Apr 16		<b>emily.v.cox2.naf@army.mil</b> <b>254-287-5586</b>	



- Applied Functional Fitness**  
All-encompassing Strength & Conditioning of Constantly Varied Movement
- Spin**  
Energetic, Musically Motivated
- Zumba**  
High Interval Cardio Dance
- Fitness Fusion**  
Fusion of Modalities for Full Body Fitness  
\*children allowed



UNIT PT RESERVATIONS • PERSONAL & PARTNER TRAINING • NUTRITION COACHING • SMALL GROUP COACHING • MASSAGE THERAPY

**APP = APPLIED PFC**

**ST = STARKER PFC**

**Cavazos.ArmyMWR.com/Fitness**